

Handout 2.2: *Identifying Whole Grains* Activity, Answers

Note to Instructor: Use the following answers as you discuss the activity sheet with participants.

1. Whole wheat flour: Yes, whole wheat flour is whole grain.
2. Instant oatmeal: Yes, whole oats (old fashioned, quick, and instant) are whole grain. However, instant oatmeal is not encouraged because it is highly processed.
3. White whole wheat flour: Yes, white whole wheat flour is whole grain. The current wheat market in the U.S. includes red wheat and a small amount of white wheat. The brown color commonly associated with whole wheat products results from the darker bran color of red wheat. White whole wheat products are lighter in color and lack the slightly bitter taste associated with the bran in red wheat. Children who learn to like red whole wheat products may prefer the flavor of red wheat. Read the ingredient statement carefully on products labeled as “white wheat,” as some of these products may not contain any white *whole* wheat flour.
4. Degerminated cornmeal: No, only whole cornmeal or whole-grain cornmeal is whole grain. “Degerminated” means that the germ has been removed. Removing the germ from whole cornmeal results in a longer shelf life.
5. Long-grain white rice: No, white rice is not whole grain. White rice is produced by refining whole-grain rice to remove the germ and bran.
6. Brown rice: Yes, brown rice is whole grain. In some areas of the country, brown rice should be refrigerated to retard spoilage.
7. Wheat flour: No, wheat flour is not whole grain. It is produced by refining whole wheat to remove the germ and bran.
8. Graham flour: Yes, graham flour is whole grain. Graham flour is whole wheat flour that is slightly coarser than the regular whole wheat flour.
9. Grits: No, grits are not whole grain unless they are made from whole-grain corn. Specialty mills may produce whole-grain grits, but grits commonly available on the market are made by drying and grinding corn kernels from which the hull and germ have been removed.
10. Semolina: No, semolina is not whole grain. Semolina is durum wheat that is ground more coarsely than regular wheat flours. Most good pastas are made with semolina.
11. Pearled (also called pearl) barley: No, pearled barley is not whole grain. “Pearled” indicates that the bran has been removed.
12. Whole-grain barley: Yes, whole-grain barley is whole grain.
13. Couscous: No, couscous is not whole grain unless it is “whole wheat couscous.”

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14. Bulgur (cracked wheat): Yes, bulgur (cracked wheat) is a whole grain.
15. Buckwheat groats: Yes, buckwheat groats are whole grain. They are usually cooked in a manner similar to cooking rice.
16. Rolled oats: Yes, rolled oats are whole grain. Rolled oats are made by hulling and cleaning whole oats, then steaming and flattening them. Rolled oats are also called old fashioned oats.
17. Rye berries: Yes, rye berries are whole grain. Various grains with “berries” listed after the grain (wheat, oat, rye, etc.) are whole grains.
18. Millet flakes: No, millet flakes are not whole grain unless they are “whole millet flakes.”
19. Amaranth: No, amaranth is not whole grain unless it is “whole amaranth.”

Handout 2.4: *Whole Grain Product Ingredient Statement* Activity, Answers

Sample Product Ingredient Statements

Label #1

Whole wheat flour, enriched flour, water, nonfat dry milk, wheat gluten, yeast, oil, xxx, xxx, xxx,

Label #2

Water, enriched flour, whole wheat flour, oatmeal, flaxseed, nonfat dry milk, corn syrup, wheat gluten, yeast, xxx, xxx, xxx,

Label #3

Whole wheat flour, reconstituted potato flour, nonfat dry milk, wheat gluten, water, yeast, oil, xxx, xxx, xxx,

Please answer these questions regarding the above sample ingredient statements.

1. Which ingredient statement(s) indicate a whole grain is the primary ingredient by weight (Group A) of the product?
#1 and #3; whole wheat flour is the primary ingredient by weight for both products because it's the first ingredient listed on both ingredient statements.
2. Which ingredient statement(s) would you need documentation from the product manufacturer?
2
 - a) **#2 may have whole grains as the primary ingredient by weight (Group A) if the total of the whole wheat flour and oatmeal weigh more than the water; Example: water weighs 7 lbs., whole wheat flour weighs 5 lbs., and oatmeal weighs 5 lbs. Flaxseed is not a whole grain.**
 - b) **#2 may have whole grains as the primary grain ingredient (Group B) if manufacturer documentation shows that the whole wheat flour and oatmeal, added together, weigh more than the enriched flour, but not more than the water. Example: Enriched flour weighs 6 lbs., whole wheat weighs 3.5 lbs, and oatmeal weighs 3 lbs. Flaxseed is not a whole grain.**
3. Which of these products must be the majority of whole grain products offered (Group A) in the submitted menu cycle?
#1 and #3; possibly #2 with manufacturer documentation
4. If you're going for a Gold Award, how many times must you offer a similar product (Group A) in a week?

3 days (the majority of 5 days in a week). Everyday (5 days in a week), the school must serve a whole-grain product. Since 3 is the majority of 5, the school must include a product with whole grain as the primary ingredient by weight (Group A) at least 3 days of the week (can offer all 5 days).

5. If you're going for a Silver or Bronze Award, how many times must you offer a similar product (Group A) in a week?

Must offer a whole grain product 3 days per week, regardless of number of days in a week. Since 2 is the majority of 3, the school must offer a product with whole grain as the primary ingredient by weight (Group A) at least 2 days of the week (can offer all 3 days).

Handout 2.6: Recipe for Whole Wheat Bread, Answers

In this whole wheat bread recipe, the whole wheat flour weighs 12 lbs, 6 oz and is the primary ingredient, by weight. The serving size is 2 oz. which exceeds the minimum serving size for G/B. This recipe can provide a whole-grain food to students the *majority* of days each week (Group A).

Handout 2.7: Recipe for White Whole Wheat Bread, Answers

In this whole wheat recipe, water is the primary ingredient, by weight. Because the whole wheat is the primary grain ingredient (Group B), it can still be used as a whole-grain food for the HUSSC, just not for the majority of days.

Handout 2.9: *Evaluating Whole-Grain Product Labels* Activity, Answers

Product	Product Serving Size	Primary or First Ingredient Listed	Whole-grain Ingredients	Whole Grain(s) Primary Ingredient by Weight (Group A)? Y or N (majority of servings)	Whole Grain(s) Primary Grain Ingredient (Group B)? Y N (other servings)	Product meets Challenge criteria?	Product Requires Manufacturer Documentation?
1. Whole Wheat Bread	28 g	Whole wheat flour	Whole wheat flour	Yes	n/a	Yes	n/a
2. Whole-Grain Chips	28 g	Whole corn	Whole corn, whole wheat flour, brown rice flour	Yes	n/a	Yes	n/a
3. Seven Grain Bread	41 g	Enriched wheat flour	Whole wheat flour, cracked wheat, whole-grain barley, whole rye flour, whole-grain triticale, whole-grain millet, brown rice	Possible, if weight of whole grains, combined, exceed the weight of the enriched flour.	Possible	Possibly	Yes, documentation from manufacturer as whether the weight of the whole grains exceeds weight of enriched flour
4. Bread Dough Sticks	29 g	Water	White whole wheat flour	No, this is an unbaked, raw product so water primary	Yes; we know that the white whole wheat is greater (weighs	Yes	No.

Product	Product Serving Size	Primary or First Ingredient Listed	Whole-grain Ingredients	Whole Grain(s) Primary Ingredient by Weight (Group A)? Y or N (majority of servings)	Whole Grain(s) Primary Grain Ingredient (Group B)? Y N (other servings)	Product meets Challenge criteria?	Product Requires Manufacturer Documentation?
				ingredient until baked	more) than the enriched flour		
5. Pizza with Whole-Grain Crust	Do not know weight of crust	White whole wheat flour	White whole wheat flour	Yes	n/a	Possible	Need manufacturer documentation on weight of serving of crust
6. Wedge Cheese Pizza with Whole Wheat Crust	2 G/B via CN Label	Enriched flour	Whole wheat flour	No	No, the weight of the enriched flour exceeds weight of whole wheat flour	No	No
7. Honey Graham Crackers	14 g (1/2 G/B serving)	Enriched flour	Graham flour (whole-grain wheat flour)	No	No, the weight of the enriched flour exceeds the weight of the whole grain	No	No
8. Wheat Crackers	31 g	Enriched flour	Whole-grain wheat flour	No	No, the weight of the enriched flour exceeds the weight of the whole grain	No	No
9. Whole-Grain Pasta	2 oz	Semolina	Whole wheat flour	No	No, the weight of the semolina exceeds the	No	No

Product	Product Serving Size	Primary or First Ingredient Listed	Whole-grain Ingredients	Whole Grain(s) Primary Ingredient by Weight (Group A)? Y or N (<i>majority of servings</i>)	Whole Grain(s) Primary Grain Ingredient (Group B)? Y N (<i>other servings</i>)	Product meets Challenge criteria?	Product Requires Manufacturer Documentation?
					weight of the whole wheat flour		
10. Whole-Grain White Bread	28 g	Enriched bleached flour	Whole wheat flour; the brown rice flour (rice flour, rice bran) may not be a whole grain.	No	No, the weight of the enriched flour exceeds the weight of the whole wheat flour	No	No
11. Whole-Grain Hamburger Buns	53 g	Water	Whole wheat flour	No	Yes, the weight of the whole wheat exceeds the enriched flour	Yes	No